

The Official USU Newsletter

# the pulse

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*Courtesy Photo*

**On the cover**

Recent GSN alumna and Army Capt. Margo Jenkins represented the USU at the annual Memorial Day "reflections" ceremony in Washington, DC. (See story page 3)



# Class of 2011 USU Graduates

by Christine Creenan-Jones



*Photo by Thomas C. Balfour*

*U.S. Army Surgeon General Eric B. Schoomaker, M.D., Ph.D. offered the graduating students words of support and thanks for what they have and will accomplish in service to their country.*

USU graduated it's 32nd class of students, May 21 at DAR Constitution Hall. Army Surgeon General Eric B. Schoomaker, M.D., Ph.D., served as this year's commencement speaker and degrees were awarded to 167 medical students, 39 graduate program students and 49 Graduate School of Nursing students. The following awards were given to this year's high-achieving students and faculty.

## Board of Regents Award

Medical: Ens. Dinchen Jardine, MC, USN  
Nursing: Cpt. Margo Jenkins, AN, USA  
Biomedical Sciences: Kathleen R. Jones

## Military Officers Association of America Outstanding Student Awards

Family Nurse Practitioner: Lt. Cmdr. L. Creller, NC, USN  
Perioperative Clinical Nurse Specialist: Capt. Wesley M. Rimer, USAF, NC  
Nurse Anesthesia: Capt. Julio Cano, USAF, NC  
Psychiatric Mental Health Nurse Practitioner: Lt. Connie J. Braybrook, NC, USN  
Doctor of Philosophy: Maureen N. Hood, RN, MSN

## School of Medicine Outstanding Biomedical Graduate Educator

David R. Tribble, MD, DrPH

## Henry M. Jackson Foundation Fellowships in Medical Sciences

Kathleen R. Jones, Emerging Infectious Diseases  
Kristen R. Hamilton, Medical and Clinical Psychology

## Carol J. Johns Medal

Sheila M. Muldoon, MD, Professor of Anesthesiology

## William P. Clements Jr. Award

Col. (Dr.) Brian K. Unwin, MC, USA, Assistant Professor, Family Medicine

## School of Medicine Outstanding Civilian Educator

Martha Johnson, PhD, Associate Professor, Anatomy, Physiology and Genetics

## School of Medicine Esprit de Corps

Ens. Dinchen Jardine, MC, USN

## Graduate School of Nursing Esprit de Corps

Lt. Col. Rebecca Yurek, AN, USN

## Society of Medical Consultants to the Armed Forces

2nd Lt. David Lindholm, USAF, MSC

## AMSUS Award

2nd Lt. Jason Hoskins, USAF, MSC

## Surgeons General Awards

Army: 2nd Lt. Jason Bingham, MS, USA  
Navy: Ens. Kimberly Vance, MC, USN  
AF: 2nd Lt. Kristen Saenger, USAF, MSC  
PHS: Ens. Isaac Young, USPHS

# USU Nurse Participates in Memorial Day Storytelling Event

*Recent GSN alumna reflects on military values and personal memories*

by Ken Frager



*Courtesy Photo*

*Floral displays adorn the stage as Army Capt. Margo Jenkins reflected on her career as an Army nurse, and on the contributions of those who have served before her, during the annual Memorial Day Storytelling event held at the Vietnam Women's Memorial.*

Army Capt. Margo Jenkins knows the meaning of Memorial Day. The nine-year Army vet has served her country as an Adult Nurse Practitioner and recently completed her Master's degree at USU to earn distinction as a Psychiatric Mental Health Practitioner. And she did it with honors, accepting the Federal Nursing Service Chief's Award and the USU Board of Regents Award for academic excellence. She also is the first Army Nurse Corps Officer to be selected to complete her doctoral program straight from her Master's work.

Capt. Jenkins knows her effort will be of critical importance when she cares for service members on the battlefields and as they return from deployments. She personally has lost three family members this year who served in military uniform – one in each Armed Service – Army, Navy and Air Force. And her sister-in-law was engaged to a service member who was sent to Vietnam and never returned. His name – Bruce Morrow – is on the Memorial Wall. Capt. Jenkins was facing when she told her story as one of several speakers participating in the Memorial Day Storytelling in Washington, DC.

"It's important for people – men and women who have never served – to

meet and hear from active-duty women who can tell them, from a personal perspective, what it is like," said Capt. Jenkins. "As an Army soldier I honor those service members who paved the way for me. Without their contributions and sacrifices I wouldn't have the opportunities I have today."

Capt. Jenkins told attendees that "Today, there are fewer and fewer veterans to share their stories. Many of our older veterans – especially those from World War II and Korea – tend to be reticent and don't want to talk about their service. But, unlike during past periods in our history, many Americans today have never even met a soldier. I stand today as a soldier who remembers."

Capt. Jenkins added, "You are doing an important thing, making a difference, by being here today. You are not forgetting the sacrifices of our soldiers and service members. I stand today as a soldier who remembers. My husband retired U.S. Air Force TSgt Timothy Jenkins stands here today as a representative of Desert Storm – he remembers. Both of my sons on active-duty in the U.S. Air Force, SSgt Christopher Pettingill, and Senior Airman Christopher Lussier – both remember."

## In Memoriam USU honor its alumni who have lost their lives

Lt. Daniel Faircloth, MC, USN  
Cpt. Peter Ling, MC, USA  
Cpt. Michael Faria, MC, USA  
Lt. Col. Michael Cosio, MC, USA  
Maj. Edward Morarity, MC, USA  
Lt. Joel Martinique, MC, USN  
Maj. Mario Tanchez, USAF, MC - MPH Program  
Cmdr. Arvo Oopik, USPHS  
Maj. James Troy, MC, USA  
Lt. Cmdr. Neil Graven, USPHS  
Lt. Cmdr. Richard Balk, MC, USN  
Lt. Cmdr. Jeffrey Rifkin, MC, USA  
Maj. Kathleen Crawford, USAF, MC  
Maj. Christina Manthos, MC, USA  
D. Robin Hill, Ph.D. - Graduate Education Program  
Lt. Col. William Reed, MC, USA  
Cmdr. Kerry Knoizen, MC, USN  
Maj. H. Glenn Ramos, MC, USA  
Yvonne Andejas, M.D.  
Sandra King, M.S. - Graduate Education Program  
Anne C. Gawne, M.D.  
Jeffrey P. Kavolius, M.D.  
Cmdr. Byron Hendrick, MC, USNR - MPH Program  
Cmdr. Adrian Szwec, MC, USN  
Maj. Bradley Abels, USAF, MC  
Karen Strand Manusov, CRNA - GSN Program  
Lt. Cmdr. Joseph Munaretto, MC, USA  
Kevin Lewis, M.D.  
Antonita De Jesus, M.D., MPH - MPH Program  
Maceo Braxton, M.D.  
Maj. Robert Oak, MC, USA  
Terence J. O'Grady, M.D.  
Barton Branscum, M.D.  
Rikki Solow, Ph.D. - Graduate Education Program  
Lt. Col. Mark Yuspa, USAF, MC  
Maj. John Vickery, USAF, MC - MPH Program  
Cmdr. Michael Mazurek, MC, USN  
Louis Beltz, M.D.  
Maj. Matthew Burke, MC, USA  
Jerel Erne, M.D.  
Col. David Burris, MC, USA



# Graduate School of Nursing dean receives Pioneering Spirit Award

by Ken Frager



Courtesy Photo

Ada Sue Hinshaw,  
PhD, RN, FAAN

Ada Sue Hinshaw, PhD, RN, FAAN, dean and professor, Graduate School of Nursing, USU, was presented with the GE Health-care-AACN Pioneering

“Of all the awards that I could receive, this one is special to me because it comes from the professionals who use the nursing research,” said Dr. Hinshaw. “It’s a real honor to be selected.”

Dr. Hinshaw was the first permanent director of the National Center of Nursing Research and first director of the National Institute for Nursing Research at the National Institutes of Health (NIH). In these roles she led successful efforts to position nursing research within the mainstream of public-funded biomedical and behavioral science in the U.S. She led the institute in its support of disease prevention, health promotion and environments that enhance nursing patient care outcomes.

Spirit Award by the American Association of Critical-Care Nurses (AACN) during the 2011 National Teaching Institute & Critical Care Exposition in Chicago recently. This AACN Visionary Leadership Award recognizes significant contributions that influence high acuity and critical care nursing and relate to the association’s mission, vision and values.

## Turning challenges into opportunities

by Ken Frager

USU’s Education Day is sponsored by the Faculty Senate Education Committee and was first held in 2008 to promote continuing education of faculty, staff, and students at USU and its affiliated teaching institutions, provide interdisciplinary discussion of innovative and effective strategies used in health science education, facilitate transfer of strategies across disciplines, and to foster optimal teaching and learning opportunities through the use of technology.

“As we enter the next phase of curriculum reform, which is basically the implementation phase, our Education Day program will offer some tools and tips that most will find very helpful,” said Dr. James Smirniotopoulos, committee chair. “Our keynote speaker,” – Dr. Stephen Ray Mitchell, the dean for medical education from the School of Medicine at Georgetown University – “has gone through a similar process and



Courtesy Photo

can offer first hand guidance on what we can expect along the way.”

Dr. Mitchell will discuss lessons he and his faculty learned and help make the challenge of reform into a new learning opportunity. “Anytime we can find better ways to apply new skills we are enhancing the educational experiences of our students,” said Dr. Smirniotopoulos.

Education Day 2011 is scheduled for Thursday, June 16 and the theme is *Pathways and Pitfalls in Curriculum Reform*. Online registration is open until midnight, June 14, 2011 and you must be registered to participate.

## The Pulse Spotlight:

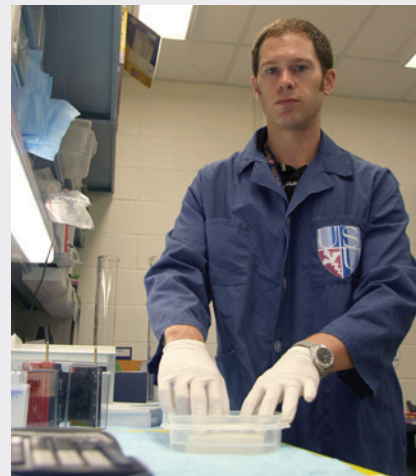


Photo by Staff Sgt. Matthew Rosine

### Name:

Liam Kean

### Duty title:

Research Assistant

### How long have you worked at USU?

Almost 2 years

### What brought you to USU?

*I relocated because I was offered a great job opportunity by my supervisor, Dr. William Watson, in the Department of Neurology.*

### What is your favorite part of USU?

*I appreciate the close community of the university and the working atmosphere. I also enjoy how wooded and peaceful the campus is, considering the close proximity to urban areas.*

### What advice would you pass on to people new to USU?

*It is pretty easy to make friends on campus. Also, the crab cakes from the USU Cafeteria are a real treat!*

**Editor’s Note:** If you know a hard-working under-recognized person in your department, submit their name and contact information, and they might be selected for the *Pulse Spotlight*. Please, submit all nominees to [usunewsletter@usuhs.mil](mailto:usunewsletter@usuhs.mil). Nomination is not a guarantee for publication.

# A “Royal Experience” for CHAMP’s medical director

by Ken Frager

Army Col. (Dr.) Francis O’Connor, medical director for the Consortium for Human and Military Performance (CHAMP) at USU, was the keynote speaker this year for the 28th London Marathon Medical Conference. The Royal Society of Medicine hosts this annual event, which occurs the day before the London Marathon, to address many topics on the science of marathon for doctors, physiotherapists, and sports scientists.

This year’s conference included talks on “Mental Toughness” and showcased the debate on the cardiac risks from marathon running. Dr. O’Connor, who attended the conference in his role as president of the American Medical Society for Sports Medicine (AMSSM), was one of four international speakers who presented “Overheating: Managing Exertional Heat Illness in the Injured Runner.” Dr. O’Connor has



Army Col. (Dr.) Francis O’Connor, right, speaks with Dr. Courtney Kipps, the London Marathon Conference Coordinator.

Courtesy Photo

pioneered the U.S. Army’s approach to standardizing the evaluation, treatment and return to duty (or play) criteria of heat injured U.S. Army Soldiers. The following day, he observed the medical care team and provided consultation on exertional heat stroke cases and their management.

Dr. Thomas Riley from Homerton University Hospital, who worked in

the finish line medical tent at the marathon, said in an email to Dr. O’Connor, “I wanted to thank you again for your excellent talk and thought you would like to know how much our seven heat stroke casualties had benefited from the treatment you advocated. It’s certainly greatest return in terms of benefit to practice in the shortest time of any lecture I have ever attended.”

Dr. O’Connor’s talk addressed the priority importance of rapid cooling with partial immersion ice baths for heat-stressed athletes who have mental status changes (often combative) and core temperatures approaching or exceeding 40 degree Celsius (104 degree F.). Dr. O’Connor stressed the importance of rapid cooling as a first step to the subsequent steps of intravenous fluid placement and cardiac monitoring.

## HPRC Health Tips

*The Human Performance Resource Center Health Tips is a new column intended to provide the USU community with information to help develop and maintain a healthy lifestyle. Check out the HPRC website at: <http://humanperformance.sourcecenter.org>.*

### Have you heard of H.E.L.P.?

Men and women in the military who operate in and around open water need protection against drowning and immersion syndrome. Quick response to cold-water immersion is important because of its immediate impact on the body. Immersion syndrome could cause cessation of breathing and/or cardiac arrest in certain

people. Cold water causes a loss of heat much faster than cold air does and can quickly cause performance impairments, including not being able to fasten a life jacket or other safety equipment. Making an effort to tread water or swim only increases the body’s heat loss and hastens the onset of hypothermia.

A person alone can extend survival time by using body posture that covers areas especially vulnerable to heat loss. Those in the water should avoid movement and use the “heat-escape lessening posture” (H.E.L.P.). This posture minimizes the exposure to cold water of the individual’s groin and chest because the arms are folded across the chest and pressed to the sides and the knees are drawn up with the legs crossed at the ankles, creating a fetus-like position. Note that this technique does require the use of

a personal floatation device that allows the knees to be drawn up.

If more than one person is involved, the “huddle position” should be used to reduce heat loss. In this position, individuals should press together their chests, abdomens, and groins. In addition to conserving each individual’s body heat, the huddle position helps prevent the swimmers from becoming separated before they are rescued, provides a larger rescue discovery target, improves morale, reduces shock and panic, and may reestablish a chain of command.

These survival techniques require practice and the use of personal flotation devices. Treading water in the H.E.L.P. position in heavy seas is a major challenge, and the huddle position requires that all participants be able to tread water, so being fit and prepared is essential.



# Distinguished alumnus returns to campus

by MC1 Chad Hallford



Photo by Thomas C. Balfour

*Navy Rear Adm. (Dr.) C. Forrest Faison, III addresses medical students during his recent return to USU as part of a coordinated effort by USU Brigade leadership.*

Navy Rear Adm. (Dr.) C. Forrest Faison, III, Commander Navy Medicine West and Naval Medical Center San Diego, is the first flag level alumnus to return to campus as part of a new initiative by Brigade Commander Navy Capt. (Dr.) Tanis M. Batsel Stewart.

"I think it is important to let our students see and hear from those who came before them, that the opportunities to succeed in military medicine are endless," said Capt. Batsel Stewart. "Having these distinguished visitors

return, to speak with our medical students, is a testament to the commitment they have made as flag officers and military leaders, to grow the next generation of military medical leaders."

"I'm a big believer in this University," said Rear Adm. Faison. "I jumped at the opportunity to return and speak with the medical students." According to Adm. Faison, as a medical student at USU he was reminded to put his patients first and as a military leader he was trained to put his people first. "The

way I see it, leading these junior officers is another way of taking care of them and putting them first."

Over Faison's more-than-30-year career, he has had opportunities to lead and treat from joint commands in Kuwait and the Middle East, to lead and deliver care from several of Navy Medicine's largest medical treatment facilities at Portsmouth, Va., San Diego and Camp Pendleton, Calif. and to influence policy — shaping the present and future of military medicine.

"I shared one of the key points in my career with the students earlier. In my fourth year of medical school, we went to Camp Bullis, Texas for Operation Bushmaster. At that time the teacher, then — Lt. Cmdr. Michael L. Cowen, who went on to be Vice Admiral and Surgeon General of the Navy, taught me a lesson I have never forgotten," said Faison. "When you're tired, cold, stressed to the maximum and you want to be somewhere else, eating, warming up — you're out there because that patient on the stretcher needs you and is depending on you. It's the right thing to do. That's what being a physician is all about....caring for those who need our help....whether at the bedside, in theater, at HQ, or in a front office....it is all about caring for those who need our help and are depending on us."



Photo by Ken Frager

## Sharing career knowledge

by Ken Frager

Second-year medical student Air Force 2nd Lt. Jeffrey Sorenson explains his medical "complaints" to students at Montgomery County's John F. Kennedy High School while U.S. Education Secretary Arne Duncan listened in. Secretary Duncan was visiting the school along with Maryland Congressman Chris Van Hollen, who also toured the classroom. Sorenson, along with classmates Andrew Chamberlin, Angel Zhang and Kevin Gould, supported Kennedy High School's Medical Careers Pathway Program, led by Ms. Barbara Marchwicki, during the 2011 school year. Earlier in the year, high school students in the medical careers program won second place in the Patriots Bio-Medical Competition at the National Institutes of Health.

# Briefs

## Using Computer Resources

Security incidents continue to be a drain to limited USU Information Assurance manpower. The following highlight current DoD policy and best practices:

Personnel must not install self-coded or non-licensed software on network resources; add, remove, configure, or attempt to modify USU computer operating systems or programs; move audio/visual or network cables, computers or attempt to connect personal computers to the network including MDL and lecture hall spaces; connect personal devices except for those previously authorized by NOC; download pornographic material and store or display offensive material, such as racist literature, sexually harassing or obscene language or material; store or process classified information on any USU system.

Personnel must not permit unauthorized individuals access to a government-owned or government-operated system or program; access online gambling, games and social engineering sites, dates or times.

## Helpdesk Closure

The NOC helpdesk is closed for training on Thursdays from 10 to 11 a.m.

During this time, you can leave a voicemail message at 295-9800, utilize the HEAT Self Service (<http://www.usuhs.mil/uis/forms/trouble.html>), or email [help@usuhs.mil](mailto:help@usuhs.mil).

If an emergency should arise, please call 295-9870.

## Exercise/Fitness Areas

Physical Fitness training should be conducted in designated areas.

The only authorized space for PT within the university is room G060.

The campus' Student Community Lounge area is also authorized, but only during specified PFT dates or times.

## Professional activities

The Department of Defense and USU policy requires that all employees, both military and civilian, receive approval for engaging in any activity outside their work environment, which involves their professional expertise or government occupation, and involves compensation.

This approval is required prior to engaging in the activity.

In order to get approval, any employee can complete a USU Form

1004. This completed form must be approved and signed by each department chair or activity head.

These forms are available in the General Counsel's office or online at the USU OGC Web site.

Completed forms must be turned in to the General Counsel's office. The form will be routed to the appropriate dean, brigade commander or USU president.

Once processing is completed, a copy of the approved form will be returned to the employee for the employee's records.



## MS-1 Train-Up Week on USU Campus

*June 20 - 24, 2011*

## Kerkesner and Bushmaster Field Training Exercises, Fort Indiantown Gap, PA

*July 5 - 22, 2011*

## Funding Applications

The USU Merit Review Committee is accepting applications for the fiscal year 2012 USU Intramural Research Funding.

Applications may be submitted for Pilot, Standard and Exploratory grant funding. New or revised applications will be accepted. Competing continuations are no longer funded. These applications are for basic, clinical or behavioral research.

Projects will be evaluated for demonstrated relevance to military concerns and/or are specific to the USU mission.

Eligibility for funding from the University's intramural program is restricted to USU-billeted civilian and uniformed faculty members with full, associate or assistant professor titles.

Late applications will not be accepted and incomplete applications will not be reviewed.

Applications must be submitted by June 17, 2011.

For additional information: <http://www.usuhs.mil/research/intramuralfunds.html> or contact the Office of Research at (301) 295-3303.





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